

**Reference: "The Phases of Grief" Handout by  
paladin\_cleric\_mage**

**Series:** [I Want to Break Free \[10\]](#)

**Category:** Stranger Things (TV 2016)

**Language:** English

**Status:** Completed

**Published:** 2021-07-02

**Updated:** 2021-07-02

**Packaged:** 2022-03-31 12:47:20

**Rating:** Explicit

**Warnings:** Creator Chose Not To Use Archive Warnings

**Chapters:** 1

**Words:** 321

**Publisher:** [archiveofourown.org](https://archiveofourown.org)

**Summary:**

Corresponds to chapters:

59 Max

62 Mike

63 Will

81 Max

## Reference: "The Phases of Grief" Handout

### Author's Note:

From Iris Bolton's "My Son... My Son... A Guide to Healing After Death, Loss, or Suicide", 1983

pg. 109

### The Phases of Grief

There is no right or wrong way to grieve. All your feelings are normal. It is helpful, however, to know that human grief is a process that often follows a healing pattern.

*Shock* is the first stage. It is accompanied by disbelief and numbness.

*Denial* follows quickly, crying "I don't believe it," or "It can't be."

*Bargaining* is your promise that "I'll be so very good that maybe I can wake up and find that it isn't so. I'll do all the right things if only..."

*Guilt* is painful and hard to deal with. This is when one says over and over, "If only I had..." or "If only I had not..." This is a normal feeling and ultimately it may be solved by stating, "I'm a human being and I gave the best and worst of me to my friend and what he or she does with that is his or her responsibility."

*Anger.* Anger is another big factor which seems to be necessary in order to face the reality of life and then to get beyond it. We must all heal in our own ways. Anger is a natural stage through which we must pass. Your anger at your deceased loved one may even make you feel guilty, or it may be because your own life continues whereas your friend's life is over.

*Depression.* Depression is a stage of grief that comes and goes. Knowing this, be prepared to give yourself time to heal. Resignation is a late stage. It comes when you finally accept the truth.

*Acceptance and hope!* Understand that you will never be the same but your life can go on to find meaning and purpose.

## WHAT TO DO

Share your feelings with someone.

Discuss those feelings openly and frankly.

Show interest and support to those who need your help

Get Professional Assistance!

SUICIDE IS A PERMANENT SOLUTION

TO A TEMPORARY PROBLEM